

Cancer

Disease Information Packets – Slide Sets

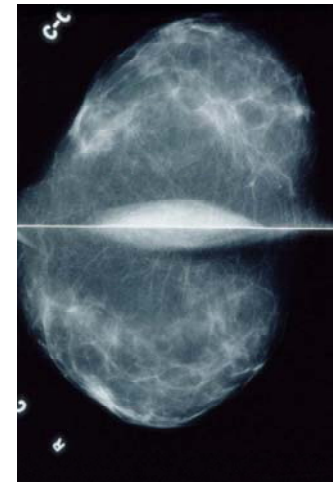


Public Health Services,
Community Health Statistics

12/2012

What is Cancer?

- Cancer is a disease in which abnormal cells in the body grow out of control.
- Most cancers occur in later life and take many years to develop.
- Cancers are caused by:
 - Radiation
 - Exposure to certain chemicals
 - Sunlight
 - Genetics
 - Poor diet and lack of exercise
 - Smoking
 - Infectious viruses or bacteria
 - Heavy alcohol or drug use
- Cancer is the 2nd leading cause of death in the United States.



Demographic Risk Factors

- **Age**
 - 77% of all cancers are diagnosed in individuals 55 and older.
- **Genetics**
 - About 5% of all cancers are strongly hereditary.
- **Ethnicity/race**
 - Certain races/ethnicities are at higher risk of developing and dying from cancer.
- **Gender**
 - In the United States, men have approximately a 1 in 2 lifetime risk of developing cancer, while women have around a 1 in 3 risk.

Behavioral Risk Factors

- **Using tobacco products**
 - Smoking causes an estimated 90% of all lung cancer deaths in men and 80% of all lung cancer deaths in women.
 - Secondhand smoke causes approximately 3,400 lung cancer deaths among nonsmokers each year.
 - Chewing tobacco increases the risk of oral, esophageal, and pancreatic cancers.



Social and Behavioral Risk Factors

- **Poor nutrition**

- Up to 3 out of 10 of cancers in developed countries may be related to poor nutrition.
- Consumption of red and processed meat is associated with an increased risk of colorectal cancer.

- **Obesity**

- Being overweight/obese is a known risk factor for several types of cancers.

- **Alcohol abuse**

- Having more than two drinks daily increases the risk of cancers of the mouth, throat, larynx, esophagus, liver, and breast.

Environmental Risk Factors

- **UV Light/Sunlight**

- 65% to 90% of melanomas (skin cancers) are due to ultraviolet (UV) light or to sunlight exposure.

- **Chemicals and Radiation**

- Cancer can be caused by exposure to radon gas, asbestos, benzidine, cadmium, nickel, vinyl chloride, and other materials.

- **Infectious Viruses and Bacteria**

- Human papillomavirus (HPV), hepatitis B virus, and *Helicobacter pylori* cause 18% of cancers worldwide.



National Statistics

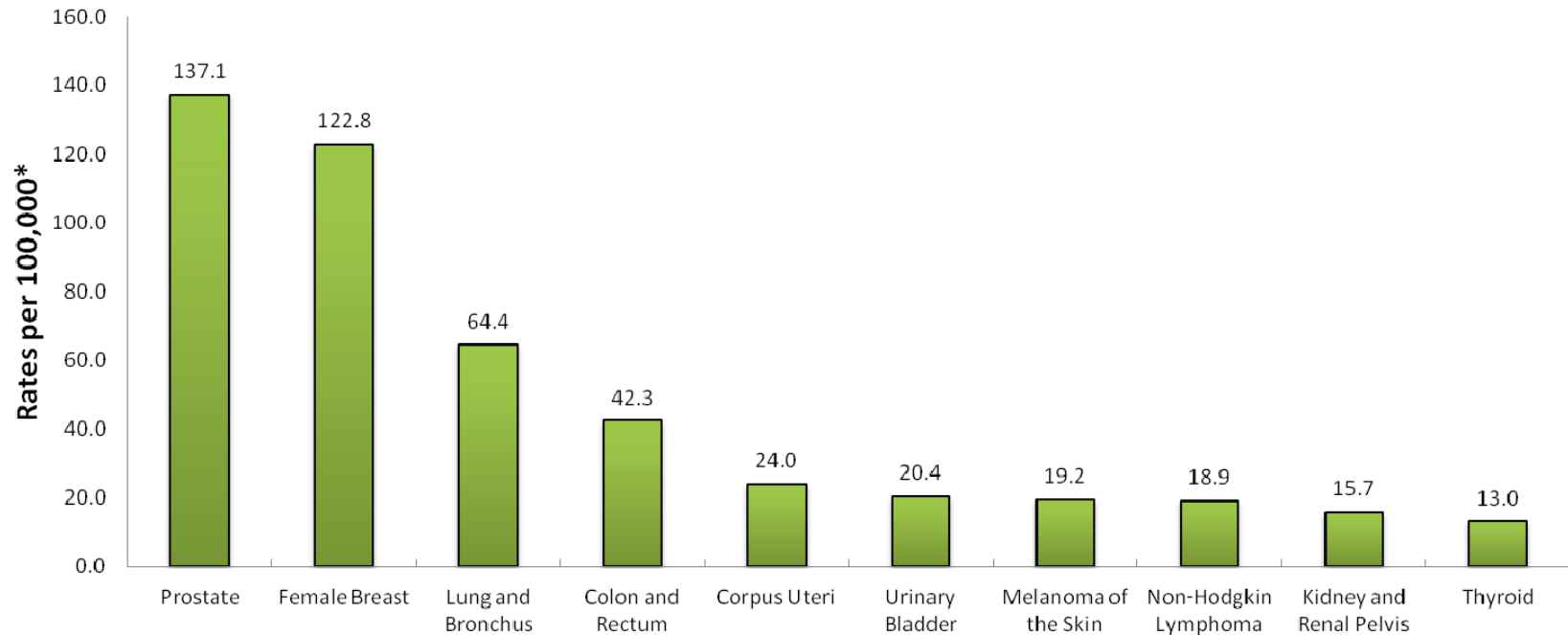
- Cancer is the second leading cause of death in the United States.
- Cancers causes 1 out of every 4 deaths United States.

Top 10 Leading Causes of Death in the United States, 2009

1. Heart Disease
2. **Cancer**
3. Respiratory Disease
4. Cerebrovascular Disease (Stroke)
5. Accidents (Unintentional Injuries)
6. Alzheimer' Disease
7. Diabetes
8. Influenza and Pneumonia
9. Nephritis
10. Suicide

National Statistics

Top 10 Cancers: 2009, Male and Female, United States - All Races



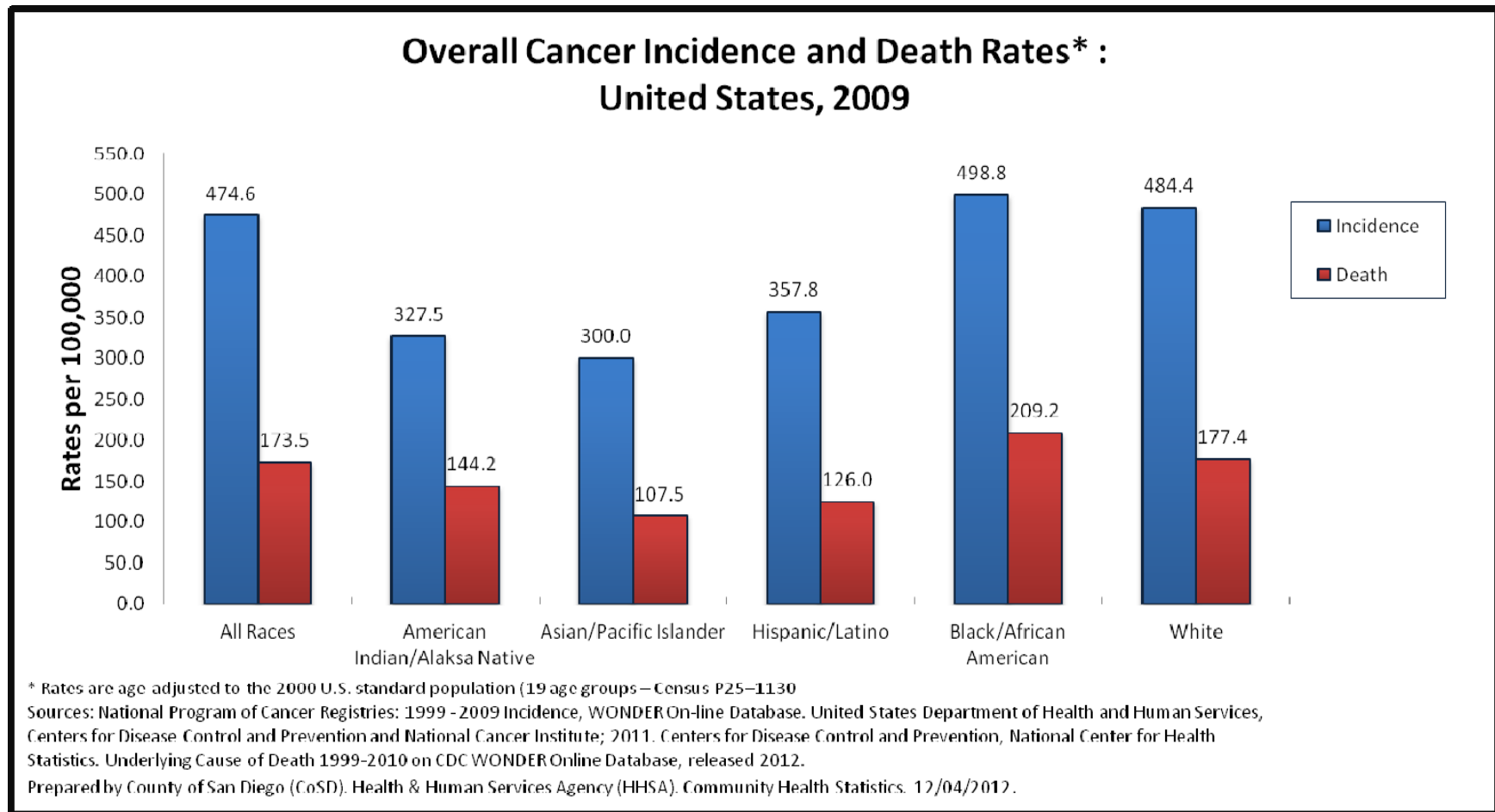
*Rates are age-adjusted to the 2000 U.S. standard population (19 age groups – Census P25–1130)

Source: U.S. Cancer Statistics Working Group. *United States Cancer Statistics: 1999–2009 Incidence and Mortality Web-based Report*.

Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention and National Cancer Institute; 2012.

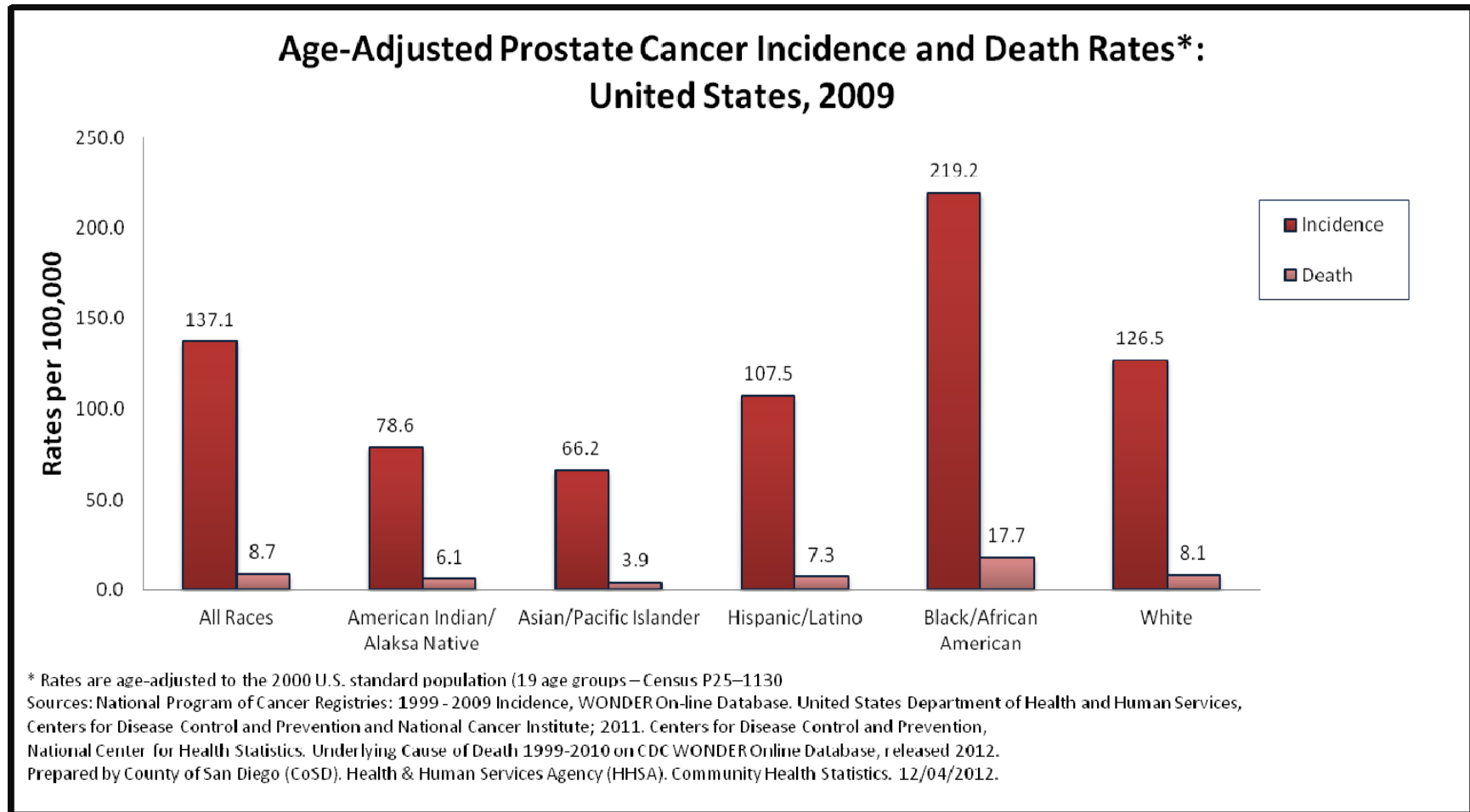
Prepared by County of San Diego (CoSD). Health & Human Services Agency (HHSA). Community Health Statistics. 12/04/2012.

National Disparities



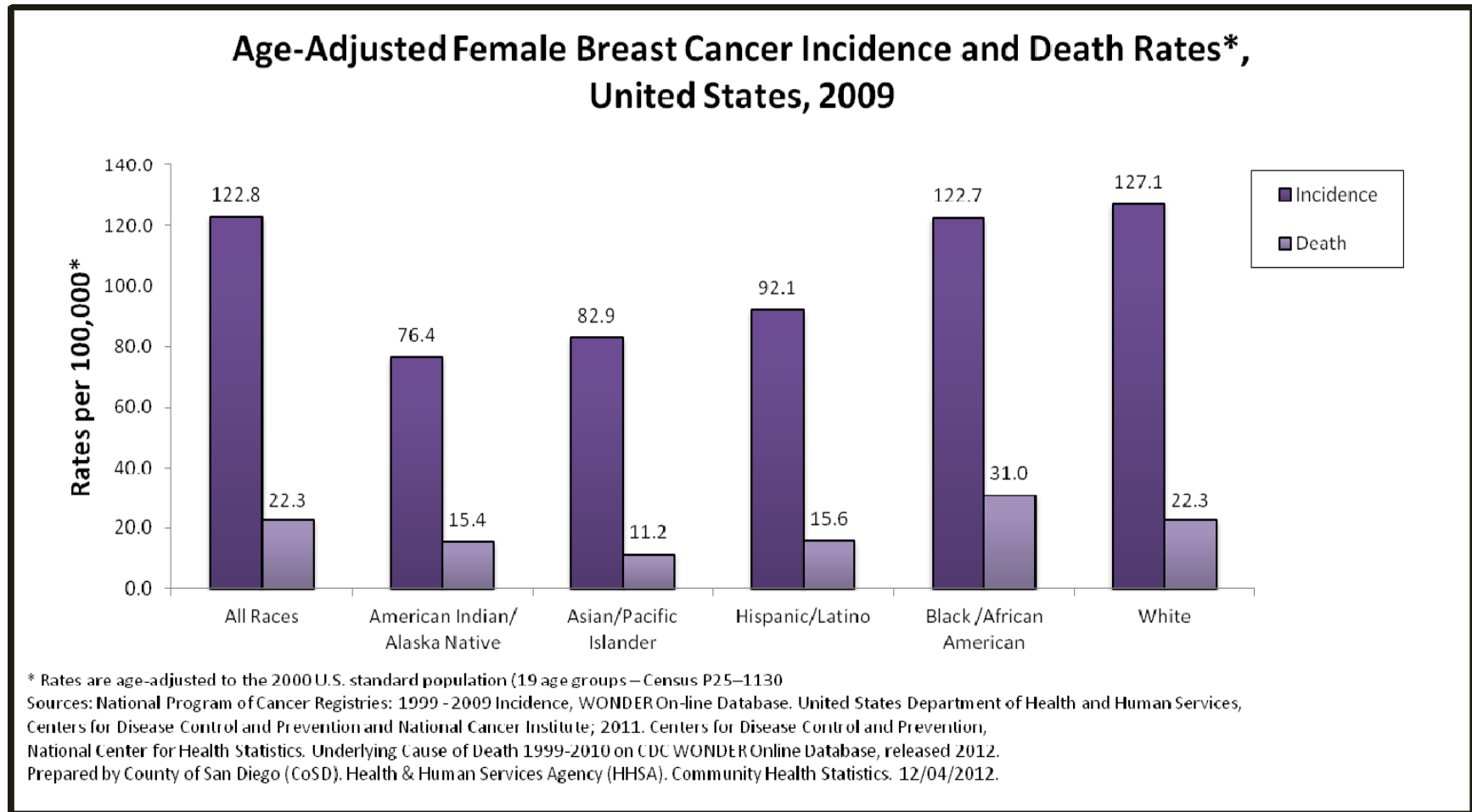
- Black Americans have the highest incidence and death rates for all cancers combined.

National Cancer Disparities



- Black men have the highest new case rate for prostate cancer in the United States, and are more than twice as likely to die from cancer than white men.

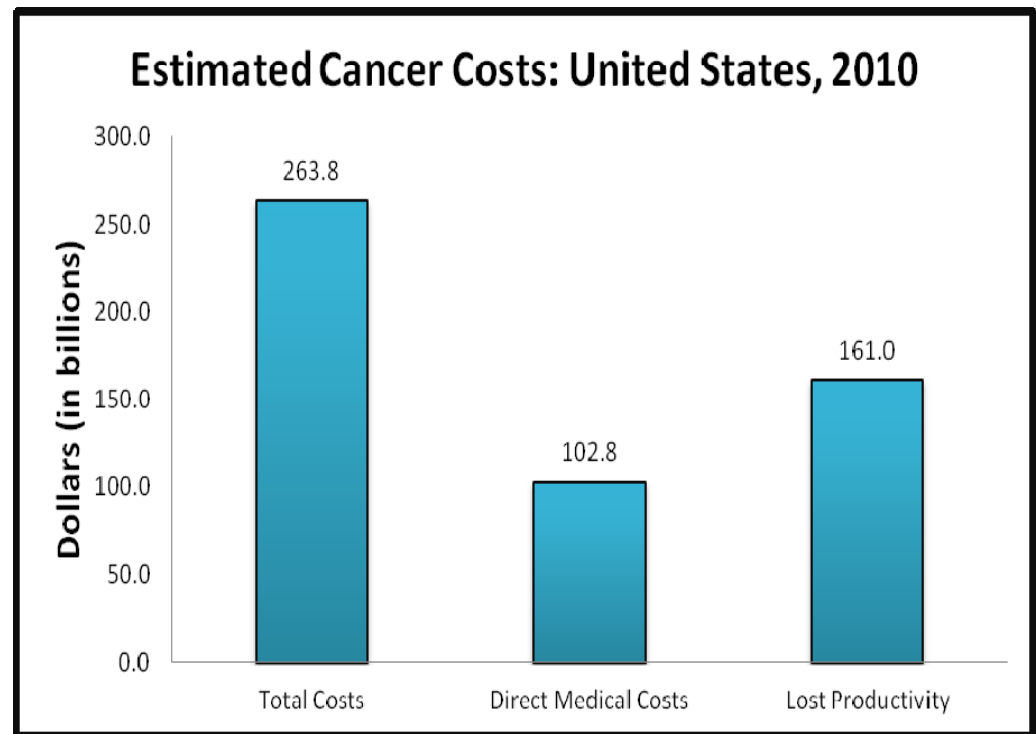
National Cancer Disparities



- White women have the highest incidence rate for breast cancer, but black women are most likely to die from the disease.

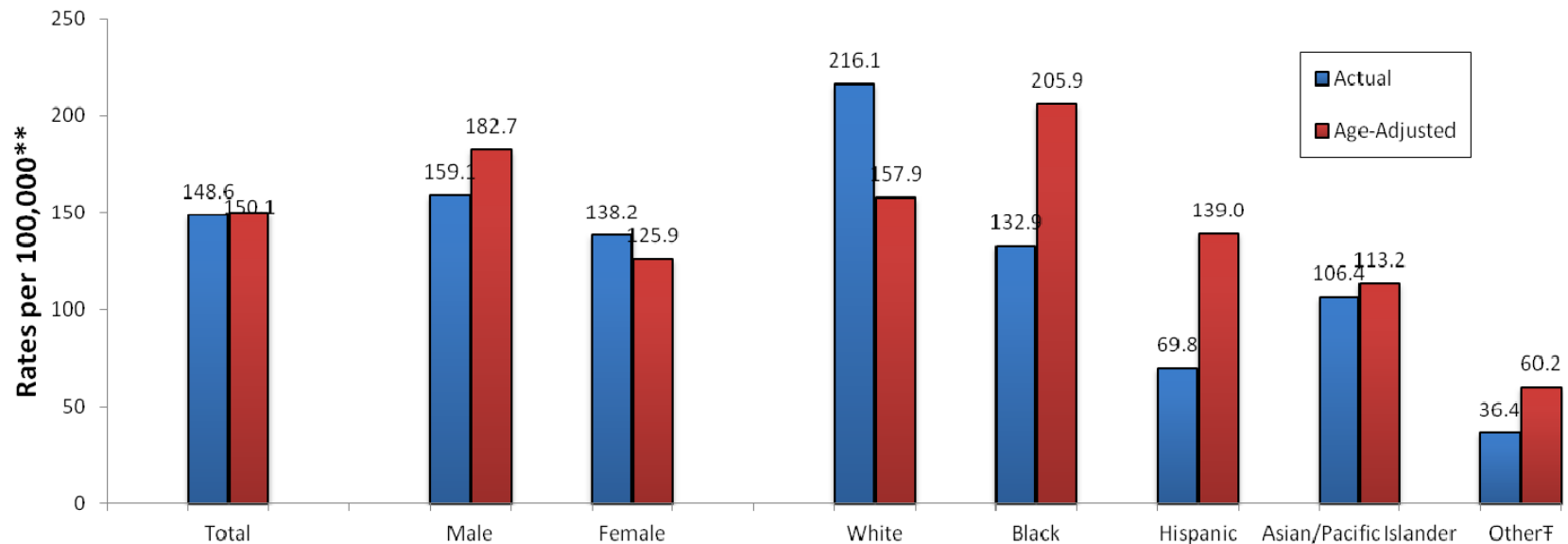
Costs

- In 2010, cancer cost the United States an estimated \$263.8 billion:
 - \$102.8 billion in direct medical costs
 - \$161 billion in lost productivity



Local Disparities

All Cancer Deaths*: Actual and Age-Adjusted Rates
per 100,000 Residents of San Diego County, 2009**



*All Cancer death refers to (underlying cause of death) ICD-10 codes C00-C97.

**County actual rates are per 100,000 individuals. County age-adjusted rates per 100,000 2000 US standard population.

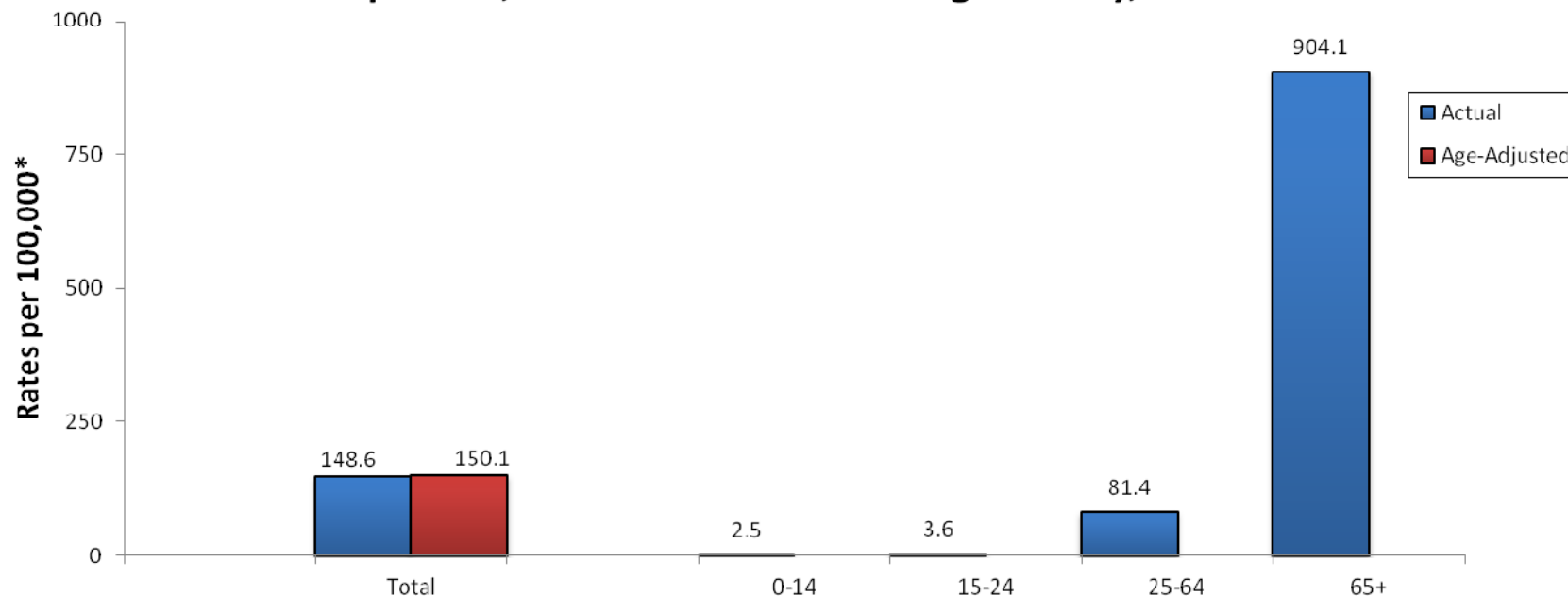
†Other includes those reporting 2 or more races/ethnicities, other, or had missing information.

Source: Death Statistical Master Files (CADPH), CoSD, HHSA, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2010

Prepared by County of San Diego (CoSD). Health & Human Services Agency (HHSA). Community Health Statistics. 12/04/2012.

Local Disparities

All Cancer Death* Rates by Age Group
per 100,000 Residents of San Diego County, 2009**



*All Cancer death refers to (underlying cause of death) ICD-10 codes C00-C97.

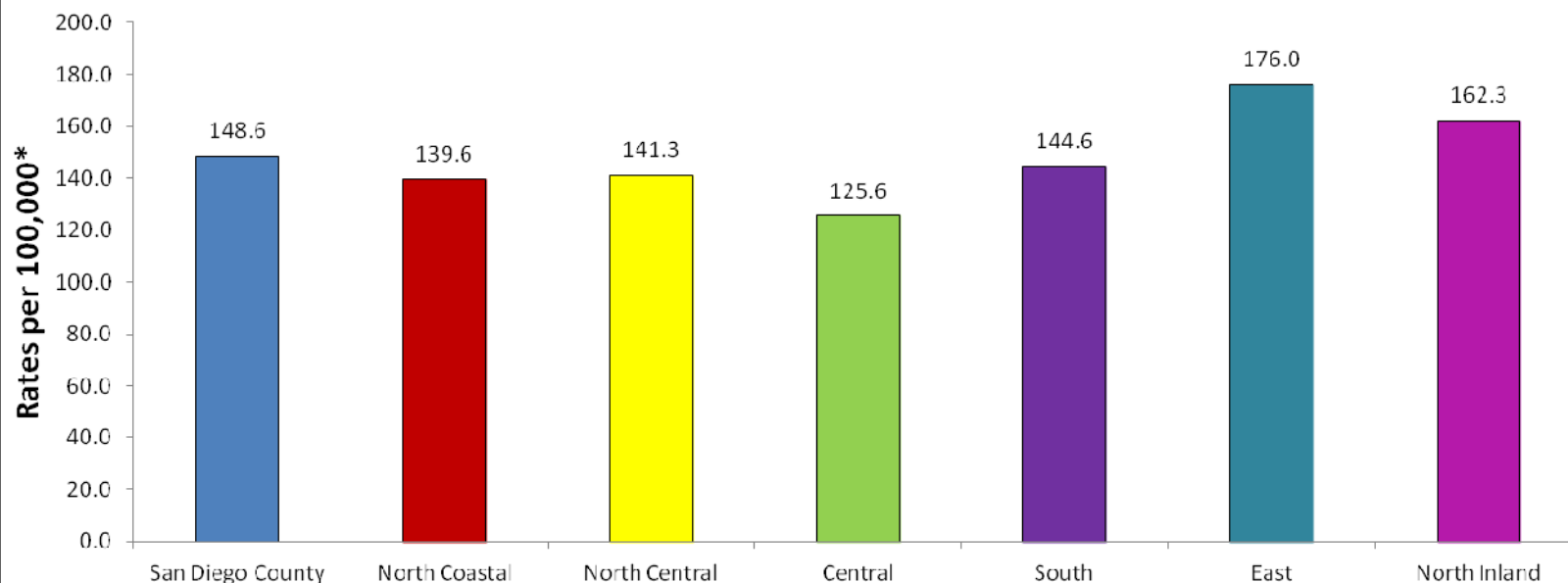
**County actual rates are per 100,000 individuals. County age-adjusted rates per 100,000 2000 US standard population.

Source: Death Statistical Master Files (CADPH), CoSD, HHSA, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2010

Prepared by County of San Diego (CoSD), Health & Human Services Agency (HHSA), Community Health Statistics. 12/04/2012.

Local Disparities

All Cancer Deaths*: Actual Rates per 100,000
San Diego County Residents, by Region, 2009**



*All Cancer death refers to (underlying cause of death) ICD-10 codes C00-C97.

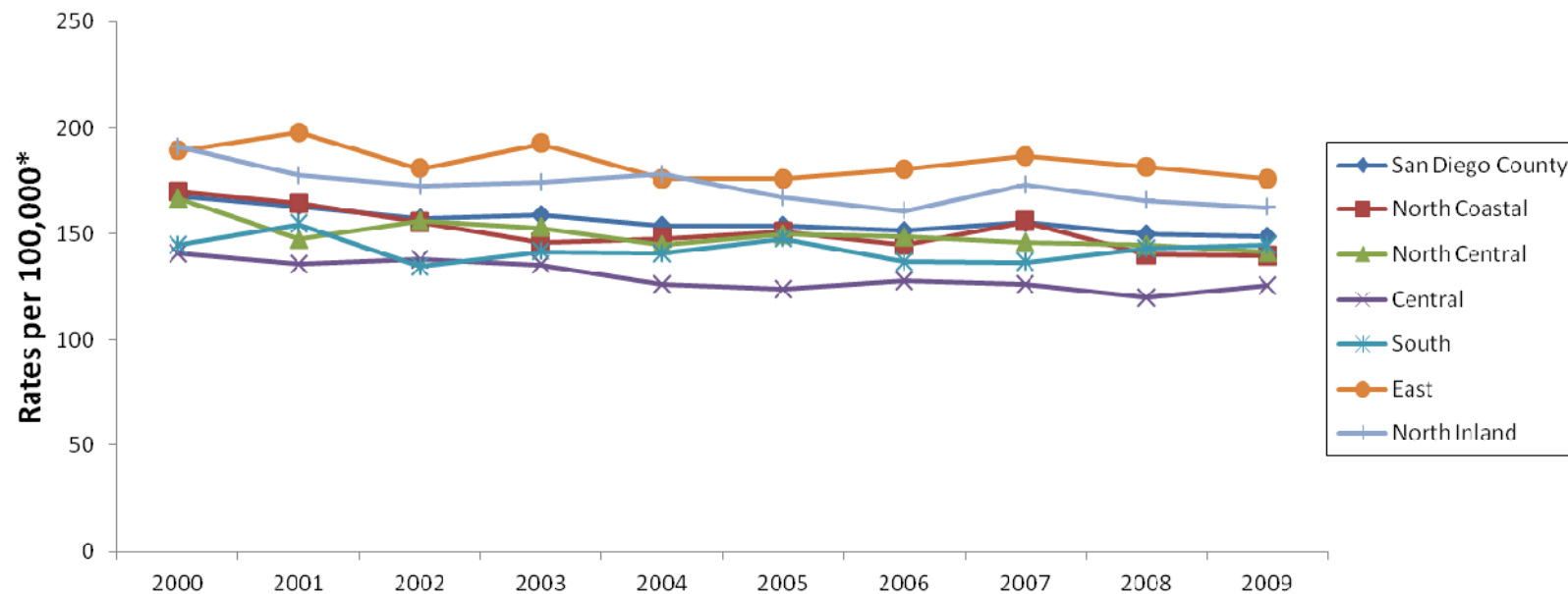
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Prevention: Screenings

- **Mammograms**
 - Mammograms every 1-2 years for women aged 40+ can reduce mortality by 20-25% during a 10-year period.
- **Colorectal cancer screening**
 - Annual screening after age 50 increases the chance that cancers will be discovered while they are more easily treated.
- **Prostate cancer screening**
 - Annual screening for older males increases the chances of finding cancer early, when treatment may be more effective.

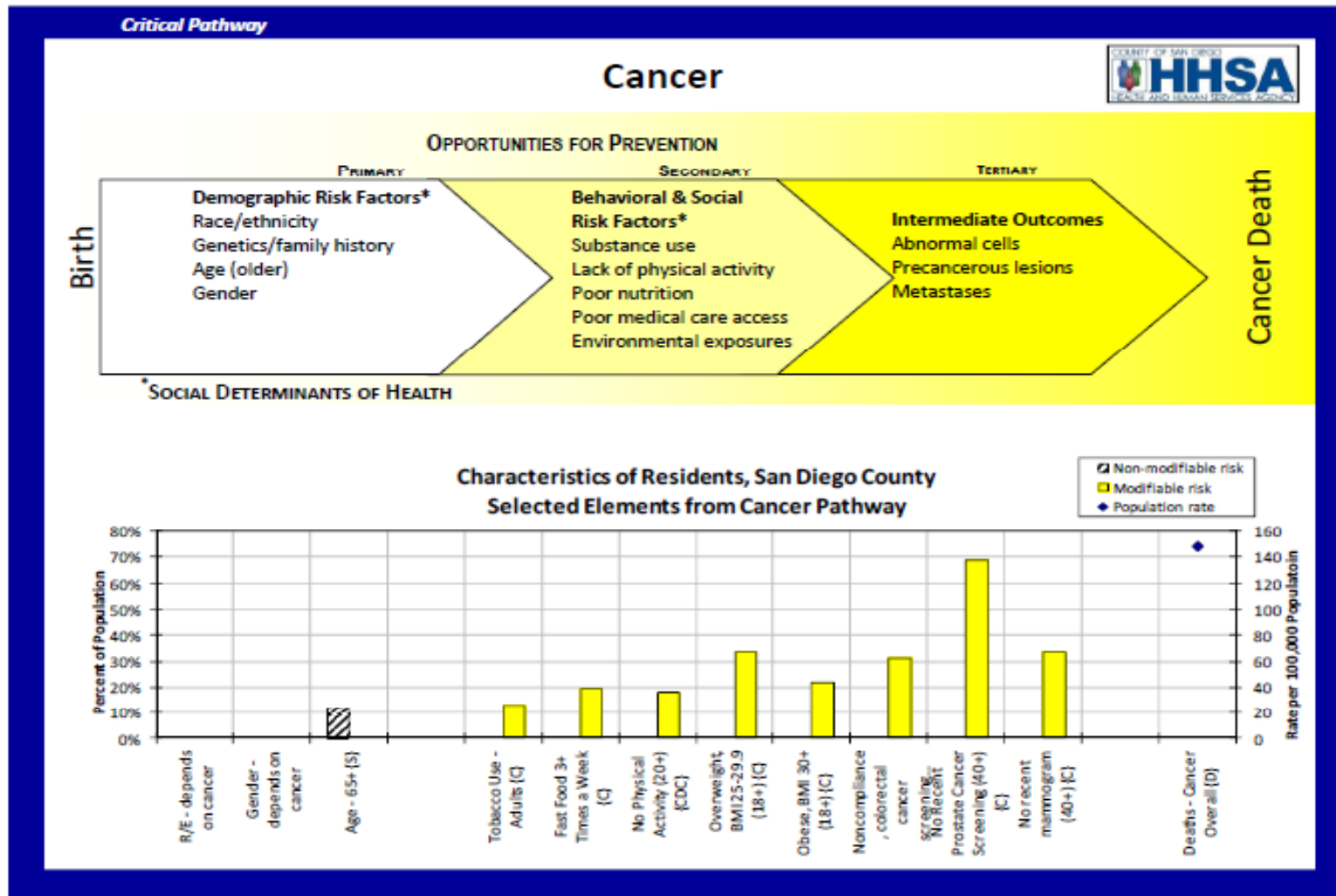


Prevention: Lifestyle Changes

- Avoid tobacco, alcohol, and drugs
- Protect skin from the sun
- Avoid exposure to chemicals and radiation
- Cancer vaccines
- Maintain a healthy diet and exercise regularly



Critical Pathway for Cancer



Contact Us

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